



# The Body Clock Diet and What It Can Do for You

*By Kyley Jameison*



Diets are sometimes difficult. They can become even more work when the results that women have labored so hard for are easily lost.

A Body Clock Diet might be the solution to the problems that women have with dieting today.

Laura Cipullo is a registered dietitian, certified diabetes educator, and a certified eating disorder registered dietitian, based in New York City. Her knowledge has led to her owning her own private practice.

She has written the books "Healthy Habits" and "The Diabetes Comfort Food Diet." Her latest book, titled "The Women's Health Body Clock Diet," is one that could change the way that we look at dieting.

## This Article

- Improved My Health
- Changed My Life
- Saved My Life

The diet found in her latest book is different from others. This diet works with your body instead of working against it. It teaches women how to reset their internal body clock by making small changes to their daily eating habits and exercise regimens.

The book includes a realistic meal plan, ways to take advantage of your hormonal changes throughout the day, and tools that will help identify and take out hunger cravings that you may have.

Many people may have heard of an internal body clock or biological body clock, but have never considered its importance when it comes to how we take care of our bodies. If you have struggled with diets in the past, the Body Clock Diet could be the one that creates more of a permanent change.

Many women who constantly have problems with diets may do so because their internal body clock is dysregulated. Stress, inconsistent sleeping patterns, and dysfunctional eating habits all contribute to dieting struggles.

These things can also lead to fat in the areas that many women try to get rid of with dieting.

Next time you plan on taking on a new diet, think about your internal body clock and what could happen when you work with your body to get the results that you are looking for.

For more on this and other health-related conversations, tune in to [HER Radio](#) each week on Thursday at 11am PST/ 2pm EST.

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